Working toward one meaningful goal after stroke

Choose one activity the stroke survivor wants back. Breakfast at the kitchen table, for example, can bring movement, self-care and communication goals into the same rehabilitation plan.

01

Getting from bed to the table

Physical therapy may address getting up, turning and moving to the table with the right support. Ask how much help is safe today.

02

Managing the meal

Occupational therapy may focus on utensils or the steps of preparing a meal. Speech-language therapy can address conversation and swallowing as needed.

03

Helping without taking over

Have a caregiver practice alongside the therapist. Agree on a cue, allow time for the survivor to respond and learn when hands-on help is needed.

Choose the goal together

Let the survivor finish this thought: “The part of the day I miss most is ____.” Take their answer to the next session and ask how therapy can support it.

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